CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

DEAR BELOVEDS,

The holidays are upon us, and as people begin to flock to the beaches for the last time this summer, I want us to pause... and reflect. The ocean draws us in — for rest, for beauty, for provision. But beneath its surface lies a deeper story.

THE SEA THAT DIVIDED... AND THE RHYTHM THAT RESTORES

We cannot force belief or shape people by pressure... but we can set an example. Yes, we must remember that only by expressing stewardship openly will we awaken the ancient assignment of responsibility amongst others. And what it means to take without restoring... to harvest without rhythm... This is not stewardship.

For centuries, the oceans carried empires. Colonialism at sea divided lands, extracted resources, and disrupted the natural order. And though time has passed, the pattern has not disappeared — it has simply changed form - into commercial colonialism.

And yet... creation has never lost its rhythm. The moon still governs the tides. The seasons still turn. And now, we are entering a season of restoration.

As the tides rise and settle with the fullness of the moon, so seasons come and go across the earth. Creation moves in rhythm — steady and unchanging. We are now being called back into that rhythm.

CIVILIZATION HAS REACHED A POINT OF SATURATION.

To return means we can no longer remain passive. It means we stand up — not in rebellion, but in alignment — and say no to what destroys.

We have already lost nearly a third of ocean life. In some regions, over 90% of large fish populations have been depleted. Industrial trawlers drag heavy nets across the seabed — clearing entire ecosystems in a single pass, often just to harvest one species like prawns or clams. Everything else is destroyed or discarded. And yet, where the sea is protected, life returns.

In marine reserves, ecosystems have started to rebuild. Crayfish and other larvae are carried miraculously by tides and currents thousands of miles, restoring areas far beyond protected zones. This is how the ocean heals itself.

ANOTHER FACT MOST PEOPLE DON'T KNOW IS THAT THE OCEAN PRODUCES AROUND 50% OF THE OXYGEN WE BREATHE AND ABSORBS UP TO 30% OF GLOBAL CARBON DIOXIDE.

Underwater forests such as kelp and seagrass capture carbon even more efficiently than land forests, stabilising the climate and restoring balance. And yet, only around 3% of our oceans are fully protected. **THERE IS NOW A GLOBAL CALL TO PROTECT AT LEAST A THIRD.** So, the question is simple:

WHERE DOES AFRICA STAND? WHERE DOES RESTORATION BEGIN?

Restoration begins where we stand. These waters are not commodities. They are an inheritance. We say no to extraction without restoration. **GOVERNMENT AND LOCAL AUTHORITY DECISIONS MUST BE HELD ACCOUNTABLE TO RECTIFY PAST MISTAKES.**

Our seaside communities have lost enough. Now, we must allow the sea to recover to restore the rightful balance again. **NO-TAKE ZONES ARE NOT RESTRICTIONS — THEY ARE RESTORATION.**

When the ocean is given space, life returns. The sea was once used to divide and conquer. But the rhythm above it has never changed. Our Creator has never ceased to guard over His children. If we protect the sea, we protect GOD YHUH's creatures, and we protect our world. What was taken can be restored. And it begins now.

HOLIDAY BLESSING

May this season be the start to what needs to be restored near you, all that has been drained, again realign what has been misplaced, and awaken what has been forgotten.
May you walk barefoot with great joy in our Heavenly Father's rhythm, the rhythm nature pulsates... while you acknowledge the cycle of a fresh new year, that is starting on the 2nd of April, (according to Father's appointed biblical times).

HAPPY ROSH HASHANAH!!

Remember to stand in your truth, and return with renewed strength if you are blessed to have a break. And always remember to share His love all around, in your own special way...

FULL MOON REFLECTION:

ON REST, STRESS, AND THE COST OF LIVING AGAINST CREATION

THE BODY WAS NOT DESIGNED FOR CONSTANT ALERT

In recent weeks, we have been confronted with a reality that many people quietly carry in their lives. The modern world is pushing men and women into a state of constant alertness. Phones ring at all hours. Messages demand immediate response. Financial systems, international calls, global business, and digital connectivity have created a culture where many feel they must be ready every moment of the day and night. The body, however, was never designed to live like this.

THE MODERN WORLD NEVER SLEEPS – BUT YOUR BODY MUST

The human body was created with rhythms. Just as the earth has seasons, and the moon marks the turning of time, our bodies follow a daily cycle of activity and restoration. **DURING THE NIGHT, THE BODY IS MEANT TO ENTER A STATE OF REPAIR.** Blood pressure falls. Stress hormones decrease. The brain clears toxins. Cells repair damage. The heart rests. When this rhythm is repeatedly interrupted, the consequences slowly begin to appear.

Many people now live in a state where the nervous system never truly turns off. Even while lying down, the mind remains alert. The body waits for the next call, the next message, the next demand. In this state, the brain continues to release stress hormones such as adrenaline and cortisol. **BLOOD VESSELS TIGHTEN. THE HEART WORKS HARDER. BLOOD PRESSURE RISES.**

Over time, this constant state of alertness can lead to what doctors increasingly see today: night-time blood pressure spikes, chronic fatigue, tension headaches, heart palpitations, and a body that feels heavy and exhausted even after rest.

THE TRAGEDY IS THAT MANY PEOPLE DO NOT RECOGNIZE WHAT IS HAPPENING. THEY BELIEVE THEY ARE SIMPLY WORKING HARD. THEY BELIEVE THEY ARE BEING RESPONSIBLE. THEY BELIEVE THEY ARE DOING WHAT THE MODERN WORLD DEMANDS.

But the body quietly pays the price. The Creator designed life around cycles of work and restoration. The sun sets. The earth grows quiet. Even the animals withdraw to rest. In Scripture we see this rhythm expressed clearly.

*"Six days you shall labour and do all your work, but the **seventh day is a Sabbath** to the Heavenly Father."*
Exodus 20:9-10

This principle was never only about worship. It was about the preservation of life itself. Without rest, the body eventually begins to protest.

Blood pressure rises. Sleep becomes shallow. The nervous system remains trapped in a state of vigilance. Over time, this state becomes dangerous, because the heart and blood vessels were never meant to operate under constant stress. The modern system rarely acknowledges this. Productivity is celebrated. Exhaustion is normalized. The culture praises those who are always available, always connected, always responding.

BUT WISDOM REQUIRES SOMETHING DIFFERENT. THE BODY MUST BE PROTECTED FROM A LIFE THAT NEVER PAUSES. REST IS NOT LAZINESS. IT IS PRESERVATION. IT IS OBEDIENCE TO THE RHYTHM OF CREATION.

Even those whose responsibilities require late hours or urgent calls must intentionally build moments where the body can return to calm. This may mean quiet breathing before sleep, stepping away from constant digital stimulation, reducing caffeine and stimulants, or simply allowing the mind to slow down before the night begins.

SMALL MOMENTS OF RESTORATION PROTECT THE NERVOUS SYSTEM FROM REMAINING PERMANENTLY IN ALARM MODE.

When people begin restoring these rhythms, remarkable changes often occur. Sleep deepens. Blood pressure stabilizes. Headaches reduce. The body gradually returns to balance. This Full Moon is a reminder that the Creator built restoration into the very structure of time.

The moon marks cycles. The Earth follows seasons. The body responds to these same rhythms. When we ignore them, the consequences appear quietly but persistently. When we return to them, healing often begins. As the Full Moon closes one cycle and opens another, it invites us to ask an honest question.

Are we living in alignment with the rhythms of life, or are we stretching our bodies beyond what they were created to endure?

THIS FULL MOON, REFLECT ON WHERE RESTORATION MAY BE NEEDED. PROTECT YOUR REST. GUARD YOUR NERVOUS SYSTEM. ALLOW YOUR BODY TO RETURN TO THE RHYTHM THAT THE CREATOR DESIGNED. BECAUSE A LIFE THAT NEVER PAUSES EVENTUALLY DEMANDS A PRICE THE BODY CANNOT CONTINUE TO PAY.

5 WAYS TO DO GOOD:
GIVING BACK TO THOSE IN THE HOSPITAL

- **BRING THE OUTSIDE IN:** Pick a fresh bouquet from your own garden to gift to someone recovering.
- **OFFER THE GIFT OF PRESENCE:** Spend an hour reading a book, a collection of reflections, or even the news to someone who may be lonely.
- **PROVIDE A "COMFORT KIT":** Put together a small bag with items the hospital often forgets—high-quality natural lip balm or a soft pair of cotton socks.
- **SUPPORT THE SUPPORT SYSTEM:** Often, the family members sitting by the bedside are the most exhausted. Bring a healthy home-cooked meal or a thermos of herbal tea for the caregiver.
- **THE POWER OF A WRITTEN WORD:** If you cannot visit in person, send a handwritten card. A physical letter is something a patient can hold in their hands and re-read during the quiet, difficult hours of the night.

THE CREATOR MAKES NO DESIGN MISTAKES

As the rhythms of creation remind us that release is part of renewal, even the simple act of a sneeze carries wisdom. The body is designed to clear what does not belong — dust, irritants, and excess mucus — through a natural, forceful release. Even something as small as pepper can trigger this response, a tell-tale signal that the body has detected disruption and is acting swiftly to remove it.

THE BODY OFTEN SPEAKS IN STAGES. A SNEEZE MAY BE THE FIRST WARNING – A GENTLE CLEARING. DO NOT MAKE LIGHT OF IT

But when a reaction moves deeper, such as the throat tightening to a specific food, it is no longer a simple irritant but a stronger signal that must be respected. There is an important distinction to understand. An irritant, like pepper or a strong smell, triggers a sneeze — the body warns you and clears it, and no harm is done. **BUT AN ALLERGY IS DIFFERENT. The immune system reacts strongly, the body treats it as a threat, and the response can escalate. These are not the same signals, and they must not be treated the same. In today's busy environment, mothers often brush off a child's sneezing.**

When we ignore or suppress natural responses like sneezing, we fail to recognise early warning signs. By pinching the nose tightly closed and not allowing a proper sneeze, we can trap pressure within, pushing it back toward the ears and sinuses, creating discomfort, imbalance, and even contributing to more severe infections.

SNEEZE, SIGNAL, RESPONSE — UNDERSTANDING THE BODY'S WARNINGS

The body is layered in its protection. A sneeze is only the beginning. The tonsils stand as another line of defence, positioned at the entrance of the throat, filtering and responding to what enters. When the tonsils become inflamed, it is often a sign that this frontline defence is under strain — dealing with repeated exposure from infection, environmental irritants, or increased inflammation within the body.

DO NOT IGNORE THE FIRST WARNING

Too often, the response is to remove them quickly, especially in children, without pausing to ask why they have become overwhelmed. Yet inflamed tonsils are not simply the problem — they are the alarm.

THEY INVITE US TO LOOK DEEPER: WHAT IS THE BODY BEING EXPOSED TO REPEATEDLY, AND WHAT IS IT STRUGGLING TO CLEAR? THE CREATOR DOES NOT MAKE DESIGN MISTAKES.

Every system in the body carries a purpose. When one part becomes overwhelmed, it is not failure — it is a signal calling for attention, restoration, and realignment. In some cases, removal becomes necessary when the burden is too great. But their original purpose reminds us that the body was designed with intelligent systems of protection, working step by step to guard what enters. When we allow the body to function as it was designed, and we heed its warnings, we honour its built-in intelligence.

THE BODY SPEAKS — ARE WE LISTENING?

The changing of the seasons is upon us, which normally results in widespread cold or flu. Many of us recognise that moment — when sneezing begins without reason. Yet it is not without reason. It is often the body's first signal that something has entered, a virus... and it is already working to stop it. Support the body while it is still fighting at the gate. In this early moment, gentle support can strengthen what the body is already doing.

VITAMIN C AND ZINC CAN ASSIST THE IMMUNE RESPONSE, ESPECIALLY WHEN TAKEN AT THE ONSET. HERBAL SUPPORT SUCH AS ECHINACEA MAY HELP STIMULATE THE BODY'S NATURAL DEFENCES, WHILE WARM LEMON WATER SUPPORTS HYDRATION AND SOOTHES THE THROAT.

These are not replacements for the body's work, but companions to it — supporting the process already underway. The key is not to override the signal, but to respond to it with care, rest, and timely support.

A SHORT SUMMARY:

Many of us recognise that moment when sneezing begins without reason. First, identify the reason for the warming. There is always a reason. Don't miss it, it is often the body's first signal that something has entered, and it is already working to stop it.

HELP YOUR BODY COME INTO ALIGNMENT

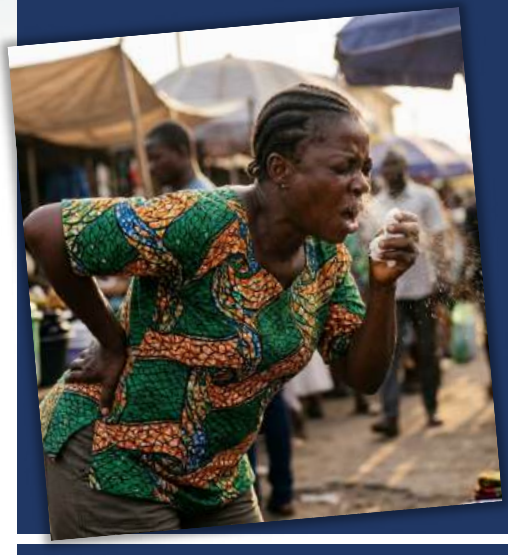
In this season of restoration and rising awareness of your own God-given defence system again, listen to your body. When you feel the draft on your back or in your neck. A dry throat or a very tired body. React immediately and warm yourself and or drink hot lemon and honey and rest.

NOTE: Don't let your child walk barefoot on cold floors this winter ... or wear shorts in the cold. Open legs weaken immune systems. Also, keep your lower body warm when healing:

- Avoid sitting on cold surfaces
- Warmth = better circulation + drainage

Even the smallest acts of alignment – allowing release and recognising deeper warnings – become part of returning to harmony with the way we were created.

WHY YOUR LOWER BACK ACHES WHEN YOU SNEEZE



📌**MUSCLE STRAIN:** Sneezing forcefully contracts spinal muscles quickly. If already strained or tight, this may trigger sharp or lingering discomfort.

📌**HERNIATED DISC:** Sneezing pressure can significantly worsen disc-related issues, irritating nerves and causing radiating or shooting sensations.

📌**SCIATICA:** Sneezing might temporarily compress the sciatic nerve, causing sharp pain from lower back down one leg.

📌**COMPRESSION FRACTURE:** In fragile spinal bones (e.g., osteoporosis), sneezing may worsen or trigger fractures with intense pain.

📌**OTHER CAUSES:** Pinched nerves, tendon strains, or degenerating spinal discs can contribute, especially after prior injury.

THE PINK MOON: APRIL'S FULL MOON

The Pink Moon will appear on **2 APRIL 2026**. **Notably, as per the Creator's appointed Full Moon Calendar, this day also marks New Year's Day, signalling the start of the first month of the biblical year.**

Despite the name, the **moon won't actually turn pink.** The term comes from seasonal wildflowers in the Northern Hemisphere, specifically Phlox subulata (moss pink), that bloom around this time of year. Historically, this moon is also known as the Sprouting Grass Moon, the Egg Moon, and the Fish Moon, as it coincided with fish swimming upstream to spawn.

For South Africans, it's still a standard full moon, but often a striking one. This particular moon is significant in the Southern Hemisphere as the Harvest Moon, representing the time to gather crops before the winter frost. With autumn skies typically clearer and less humid, viewing conditions can be excellent across much of the country.

DISCIPLINE RESTORES IDENTITY: PART 2
THE FRUIT OF ORDER IN GOSHEN HOUSEHOLDS

As we move into a short season of rest, we are given something rare — space to pause, to observe, and to realign. In our previous letter, we asked: Can covenant households stand without discipline? Hebrews 12 answers gently, but clearly:

*"For whom the Heavenly Father loves **He chastens**..."*
Hebrews 12:6

Discipline is not rejection. It is care. It confirms belonging. The Father does not correct to burden — He corrects to guide. And yet, in today's world, many homes have grown tired. In trying to keep peace, structure has quietly slipped away. Expectations have softened. Boundaries have blurred. But this short break offers an opportunity — not to strive, but to notice. Hebrews continues:

*"Afterward it yields the peaceable **fruit of righteousness** to those who have been trained by it."*
Hebrews 12:11 NKJV

Peace follows training. Not pressure — but steady formation. Children do not need perfection. They need clarity. Homes do not need control. They need rhythm. This is the heart of Goshen living. Not harshness — but order. Not rigidity — but alignment. Gentleness was never meant to remove leadership. It was meant to shape how we lead. And perhaps this is the moment to ask:

- Where has **structure** quietly slipped?
- Where have **expectations** gone unspoken?
- Where can small, **steady adjustments** restore peace?

Not everything needs to change at once. Even one restored boundary. One clear expectation. One consistent action... can begin to bring calm back into a space.

- **Boundaries** restore safety
- **Consistency** restores peace
- **Discipline** restores identity

And in this season of pause, we are reminded: Peace is not something we chase. It is something we build — gently, steadily, and with intention.

ACTION STEP

During this break, choose one area in your home or daily rhythm that feels unsettled. Gently bring it back into order. Keep it simple. Keep it consistent. Let peace grow from there.

TOP 3 BREATHING EXERCISES FOR ANXIETY

Anxiety is often a sign of an overloaded nervous system. Before reaching outside the body, return to what was designed to restore it — breath and earth.

Modern life surrounds us with constant stimulation and electrical exposure. Grounding — standing barefoot on grass, soil, or sand — helps the body release built-up tension and recalibrate.

Pair breath with nature whenever possible.

DIAPHRAGMATIC BREATHING
Inhale deeply through your nose, allowing your abdomen to rise. Exhale slowly. Repeat for 5–15 minutes.

4-7-8 BREATHING
Inhale for 4 seconds. Hold for 7 seconds. Exhale for 8 seconds. Repeat 5–8 times.

BOX BREATHING
Inhale 4 seconds. Hold 4 seconds. Exhale 4 seconds. Hold 4 seconds. Repeat 4–8 times.

Barefoot. Breathe. Reset. 🌿💛

A FULL MOON REFLECTION ON BLOOD PRESSURE

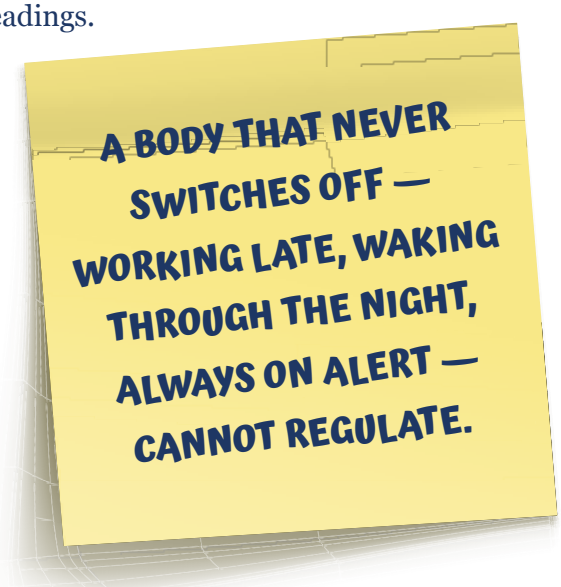
THE BODY DOES NOT FAIL. IT SIGNALS: PART 1

Blood pressure is not the problem. It is the signal. Yet the modern response is immediate: A high reading appears, and medication follows. But the deeper question is rarely asked. What is driving the pressure?

The body does not increase pressure without cause. It responds to stress, imbalance, and internal strain. When we silence the number without understanding the source, we miss the warning. Start with the root.

INFECTIONS ARE OFTEN OVERLOOKED.

A bladder infection can irritate the kidneys, disrupting fluid balance and increasing pressure. An ear or sinus infection can trap pressure in the head, creating discomfort, dizziness, and elevated readings.



The nervous system is another driver. Stress hormones remain high, vessels tighten, and pressure rises.

HYDRATION AND ELECTROLYTES MATTER.

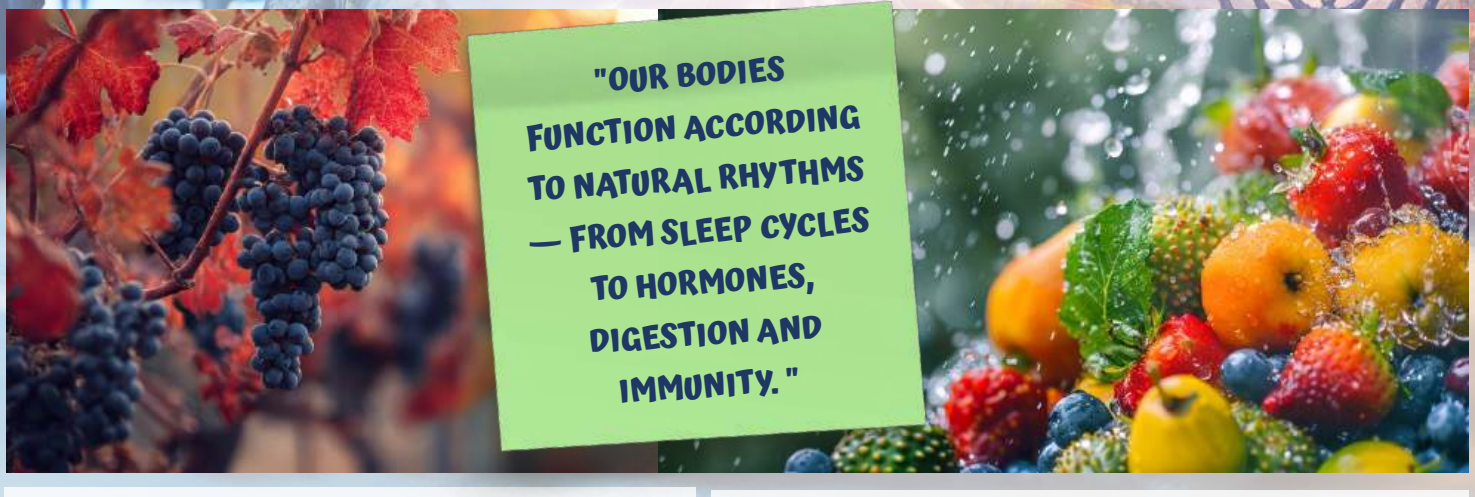
When the body is depleted, circulation becomes strained, and pressure increases to compensate. Even physical blockages play a role. When ears, sinuses, or internal pathways cannot release pressure properly, the system compensates. **WHAT SHOULD FLOW BECOMES TRAPPED**. Medication can stabilise. It has its place. But it should not replace investigation. Look for the cause:

- Is it an **infection**?
- Is it **exhaustion**?
- Is it **stress** that never pauses?
- Is it **imbalance** in the body's natural systems?

THE FULL MOON REMINDS US OF SOMETHING SIMPLE BUT OFTEN IGNORED: THE BODY WAS DESIGNED TO MOVE IN RHYTHM. TO REST. TO RESTORE.

Without rest, the body eventually begins to protest. And quietly, it pays the price. Rest is not laziness. It is preservation. It is obedience to the rhythm of creation.

SEASONS BRING A RHYTHM
HOW THE EARTH NOURISHES US THROUGH THE YEAR



When we look at the earth, it may seem that fruit appears randomly throughout the year. Yet nothing in creation is random. From the beginning, the Heavenly Father designed the earth to sustain life through cycles and seasons.

"Then the Heavenly Father said, 'Let the earth bring forth... the ***fruit tree that yields fruit according to its kind****...'"*
Genesis 1:11

Fruit does not come all at once. The harvest is spread across the year with remarkable wisdom, providing the exact nutrients the body needs in each season.

- **IN SUMMER,** fruits are rich in water and natural sugars. **Watermelon, berries, grapes and mangoes hydrate, cool and restore the body.**
- **IN AUTUMN,** fruits like **apples, pears and figs strengthen digestion and support immunity** as the seasons change.
- **IN WINTER, citrus fruits provide vitamin C** and protection when the body is more vulnerable.
- **IN SPRING, fresh fruits assist cleansing and renewal** as the body awakens again.

This is not accidental. It is provision. Children benefit especially from this rhythm. Seasonal fruit supports their growth, strengthens their immunity, and teaches their bodies to follow the natural order of creation. Modern food systems have removed this rhythm. Today, almost every fruit is available all year round. While convenient, this disconnects us from the timing the body was designed to follow.

Science is now confirming what creation has always shown. **OUR BODIES FUNCTION ACCORDING TO NATURAL RHYTHMS — FROM SLEEP CYCLES TO HORMONES, DIGESTION AND IMMUNITY.** Research shows that when we live in alignment with these rhythms, health improves. When we move away from them, imbalance follows. Scientists also observe that humans have a natural drive to reconnect with nature. This shows up in simple ways:

- craving fresh, **real food**
- **feeling calmer** outdoors
- **improved mood** in natural spaces
- **stronger well-being** when living closer to natural cycles

Studies show that people who remain connected to nature experience lower stress, better mental health and stronger immune function. For most of human history, people lived in direct relationship with the land. They ate what grew nearby, followed the seasons, and lived by natural light. The human body developed within those conditions. Modern life has separated many from these rhythms, yet the body still remembers them.

- A **walk in nature** brings peace.
- Seasonal fruit **tastes different** — fuller, richer.
- Sunlight **restores energy**.

It is as if something familiar is being recognised. Perhaps that is because, deep within us, the body remembers the garden. And when we begin to live again according to the rhythms of creation, we are not adopting something new. We are simply returning to what the Heavenly Father designed from the beginning.

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites are at their most active.

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. Boil Water: Bring 4 cups of water to a boil in a saucepan.
2. Add Ingredients: Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. Simmer: Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. Strain: Strain the tea into a cup or teapot.
5. Serve: Enjoy your parasite-cleansing tea hot.

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